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NEWS  
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## Canada keeping an eye on Kenya

Amid reports that a Canadian was among the attackers, Prime Minister Stephen Harper denies that homegrown terrorism is a 'mass phenomenon'

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## You mean Miley Cyrus lyrics aren't factual?

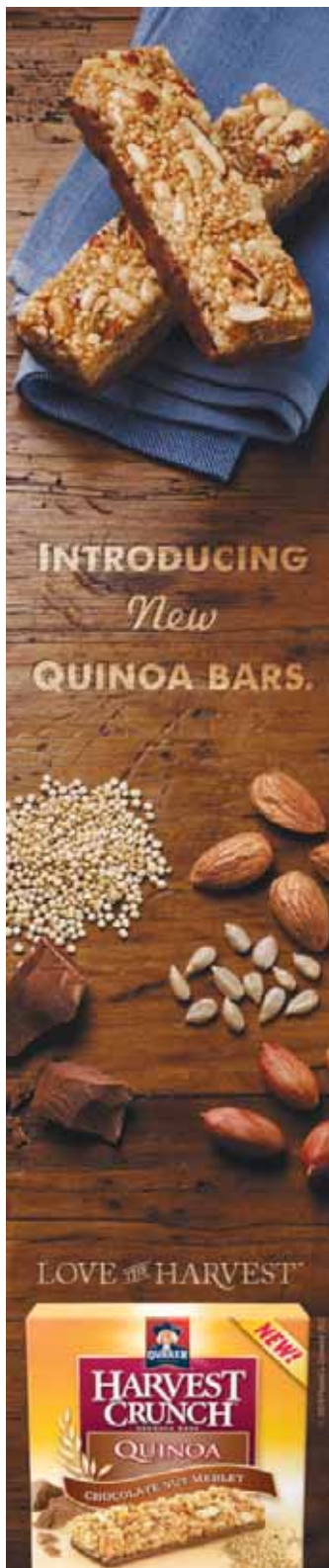
Despite what pop culture says, molly — a purer form of ecstasy — is bad for you, doctor warns

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## EPIC TALE OF HIGHS, LOWS — AND REDEMPTION?

CANADIAN FIRM STRIKES A \$4.7-BILLION DEAL TO TAKE OVER THE EMBATTLED BLACKBERRY

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The view from above shows some of the 119 candidates, their supporters and media milling about in city hall as candidates present their papers to get on the ballot for the fall. RYAN TUMILTY/METRO

# Election draws 119 candidates

**Race begins.**  
Near-record number of candidates have four weeks to win your vote



RYAN TUMILTY  
ryan.tumilty@metronews.ca

The last time this many people ran in an Edmonton civic election, protesters were marching against the Vietnam war, Muhammad

Ali took on Joe Frazier in the fight of the century and Peter Lougheed became premier, ending the reign of the Social Credit party.

A total of 119 candidates came forward Monday to put their names on ballots for mayor, council or school trustee as the 2013 municipal election officially got underway.

Alayne Sinclair, the city's clerk and returning officer for the vote, said the election had drawn the second-most

candidates ever, with only the race in 1971 topping it. With three incumbent councillors running for mayor and three more retiring, Sinclair said she thinks people saw a chance to run successfully.

"There are a lot of vacancies and I think people understand they have an opportunity to get involved," she said.

Michael Oshry, a Ward 5 candidate, said nomination day is just another step in the long trek toward Oct. 21. He said the interest in the race is

good, but it won't change his approach.

"I am really not concerned if there is one candidate or 10 candidates running. I am going to be doing the same thing I have been doing since June," he said.

Derrick Forsythe, running in Ward 6, another hotly contested race, said he's glad there are so many people involved.

"Participation rates are really woefully low in this city and people need to get

engaged and participate in this democracy," said Forsythe. "We are really lucky in this country to be able to overthrow the government every three or four years."

Two candidates were acclaimed in the election after no one came forward to challenge them. Sarah Hoffman, the current chair of the Edmonton Public School Board and Ward G trustee was unopposed, as was Cheryl Johner, the public trustee for Ward A.



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Youth or adult

## Judge reserves decision on Omar Khadr transfer

An Edmonton judge has reserved his decision on whether former Guantanamo Bay inmate Omar Khadr should be transferred to a provincial jail in Alberta.

The 27-year-old is serving his sentence at the federal maximum-security Edmonton Institution.

The judge hearing the case says his ruling will come down to whether he believes Khadr is serving time as a youth or an adult.

Justice John Rooke said Monday that the U.S. military did not specify whether Khadr was a youth or adult offender when it handed down an eight-year sentence for killing an American special forces soldier in Afghanistan when Khadr was 15.

Khadr pleaded guilty to five war crime offences, including murder, in 2010.

He is now an inmate at the maximum-security Edmonton Institution. His lawyer, Dennis Edney, is arguing that he should be treated as a young offender and moved to a provincial jail.

Edney told the court that an eight-year sentence for murder and other crimes only makes sense as a youth sentence.

But the government argues that Khadr was given eight years as a youth for murder and the sentences on the four remaining offences were to be served concurrently as an adult.

THE CANADIAN PRESS

# Woman killed in freak accident

A Belle Rive-area woman is dead after a piece of construction equipment struck her in the head in front of her garage Saturday morning.

The woman was killed at 159 Avenue and 92 Street Saturday morning, when workers were preparing to pour concrete in the back and front of the house.

According to Occupational Health and Safety, the woman stepped out of her garage after 9 a.m., just as a

coupler on the boom of a concrete truck released, bouncing off the garage roof and onto her head.

"I saw the aftermath — her lying in blood just inside her garage, with about 15 workers surrounding her," said next-door neighbour Aisha Haymour.

"I just talked to her the night before. The family was renovating inside and out," she said. It's so shocking, so surreal."

Rod Taverner, co-owner of Rolling Mix Concrete, called the incident involving one of his trucks a "tragic, freak accident," but said his company will review its work-site practices as a result.

Neighbour Haymour said the woman, estimated to be in her late 30s, had moved into the home about six months ago with her husband and teen children. "She was always smiling," said Haymour. LUCY HAINES/FOR METRO



A woman was killed in a freak construction accident in front of her home, Saturday. LUCY HAINES/FOR METRO

# Stop sprawl, build a wall: Zombie group

**Better safe than sorry your brains were eaten out?** Candidate's campaign un-dead in the water

Fear mongering?

More information on the group's aim, as well as responses from candidates to the group's questions, are available at [zombie-wall.com](http://zombie-wall.com).

He was kept off the ballot, but the Vote Zombie Wall group is still hoping voters will remember Citizen Zombie when they cast their vote.

The tongue-in-cheek campaign brought the zombie apocalypse to city hall's steps Monday, as part of an effort to encourage Edmontonians to think about sustainable development and urban sprawl when they vote.

Yuri Wuensch with the Zombie Wall team said the attempted zombie candidacy should be a warning to the city that they need to stop sprawl and build a wall.

"Edmonton dodged a bullet on that one; clearly there

is a need for this wall," he said.

Wuensch said the entire campaign has been about making an important election issue fun, so people engage with it.

"The 'Edmonton coalition to make sustainable urban development part of YEG vote 2013' is too long," said Wuensch.

Wuensch said the group will continue asking candidates about the issue, but this was their last push — or shuffle — toward getting the issue noticed.

"I don't want the presence of a zombie candidate to distract from the race," he said.

RYAN TUMILTY/METRO



Citizen Zombie and his campaign manager outside city hall on Monday. RYAN TUMILTY/METRO

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## Saving money. Leibovici pledges changes to city's budgetary process

Mayoral candidate Karen Leibovici is promising a more hands-on approach to the city's budget if she is elected mayor.

Leibovici pledged Monday to set up a new standing council committee on finances that would study the budget all year long in an effort to save money.

"It will help because council can get control back of the budget," said Leibovici. "The reality is right now we play around the fringes."

Leibovici said administration is really driving the budget process and it should be councillors.

"We are the ones that can best reflect the priorities of Edmontonians," she said.

Candidate Don Iveson said the approach sounds similar to a plan he announced last week for council to find two per cent in savings each year.

Kerry Diotte said if admin-



Coun. Karen Leibovici  
RYAN TUMILTY/METRO

istration is given a direction, to keep tax increases below inflation, that should help rein in spending.

"It's basically the job of the councillors and the mayor to look at that," he said.

Leibovici said neither of those solutions will accomplish enough of what needs to be done. RYAN TUMILTY/METRO

### Controversy

#### Diotte pulls arena video

A controversial video from Edmonton mayoral candidate Kerry Diotte was pulled from his website Monday.

The short video, shot at the Blue Plate Diner, criticized the arena deal, but the diner's owner was upset after seeing the final product.

Diotte said his team made their point about the arena deal, but thinks it best to put the issue behind him. "It's causing a bit of embarrassment for the restaurant so let's move on," he said. METRO

### Vehicle collisions

#### Traffic fatalities, injuries drop on Alberta roads

Alberta Transportation is reporting a 10 per cent drop in fatal vehicle collisions in 2012 and a two per cent reduction in overall injuries on the road.

The decline in dangerous incidents comes despite an increase of more than 127,000 vehicles on provincial roadways and an additional 62,400 drivers.

The province said overall fatalities have declined 25 per cent since the introduction of Alberta's Traffic Safety Plan in 2007. METRO



Culture Minister Heather Klimchuk puts memories to postcard at the site of the new Royal Alberta Museum. The campaign runs through 2013, with the new site of RAM set to open by mid-2016. LUCY HAINES/FOR METRO

# Museum memories wanted for RAM

**Postcard campaign.** Museum looks for visitors' fondest memories as it heads to downtown digs

LUCY HAINES  
edmonton@metronews.ca

As the post-office walls come down and the new Royal Al-

berta Museum's walls go up, the government has launched a new campaign asking Edmontonians to look back at the old before moving on to the new.

"My kids went to the museum a lot when they were little. They loved the bug room and I was grateful for how patient the volunteers were when my kids tried to pull a leg off a bug," said Culture Minister Heather Klimchuk.

Klimchuk said the mu-

seum's construction was part of the province's commitment to culture. "Promises made — promises kept. We're moving to the big leagues," she said.

The museum is asking people to send in postcards, which are available at the current museum and future site, as well as online, with memories about the place.

Laurie Hawn, MP for Edmonton Centre, said RAM is getting more federal funding than any other Canadian mu-

seum to date.

"We're building Alberta — the power of partnership between all levels of government is phenomenal," said Hawn.

The new RAM will cost more than \$340 million and be completed by mid-2016. Exhibit display space will double to more than 80,000 square feet.

"It will allow us to tell more stories," said RAM executive director Chris Robinson.

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# Former Supreme Court judge to back Quebec values charter

**In defence of equality.** Claire L'Heureux-Dubé says the face of females in Muslim world is increasingly uncovered

A former Supreme Court of Canada judge who claims she sees more veiled women in Quebec than in her travels to Muslim countries such as Pakistan and Morocco is expected to line up behind the Parti Québécois' charter of values and lend her legal credibility to the proposed ban on religious clothing in the public service.

The province's minority government argues that its initiative will bring to heel a growing wave of unreasonable faith-based exceptions from societal and workplace rules, guarantee equality of the sexes in the province and reinforce the reli-

gious neutrality of the state.

There are many critics in the political, legal and academic arenas who warn the proposal would violate religious freedoms already enshrined in Canadian and Quebec charter rights and inevitably be ruled unconstitutional.

But Claire L'Heureux-Dubé, who sat on the country's top court from 1987 until 2002, argued in a lengthy May 2013 radio interview that some rights are more fundamental than others and that, in Canada, the right to equality trumps religion.

"My vision is that there are fundamental rights. The right to live is fundamental. There

is no accommodation.... Equality is the same thing," she told Radio-Canada host Michel Lacombe.

"There are also civil liberties that are extremely important, but they're not on the same level. Freedom of expression and freedom of religion are another thing. They are civil liberties that can be reduced by what is reasonable in a free and democratic society."

L'Heureux-Dubé said that in travels abroad for legal conferences, she has noticed that the face of females in the Muslim world is increasingly one that is uncovered.

"There are more uncovered faces in Pakistan and Morocco and all those places than there are here."

L'Heureux-Dubé is confirmed as a member of the Rassemblement pour la laïcité (Rally for Secularism) collective.

TORSTAR NEWS SERVICE



Claire L'Heureux-Dubé  
THE CANADIAN PRESS



Supporters march in Montreal on Sunday during a demonstration in favour of the Quebec values charter, which would ban the wearing of religious symbols and clothing from any public institutions. GRAHAM HUGHES/THE CANADIAN PRESS

## 11 suspects charged in Sask. hazing

RCMP have charged 11 people in connection to an alleged hazing at a rural Saskatchewan party that left high school students injured.

Police issued a total of 34 charges in the incident near the town of Lanigan, including assault with a weapon

and assault causing bodily harm on victims in grades 9 and 10.

The initiation ritual allegedly included what Mounties describe as "paddling" victims with a "modified" goalie hockey stick and pouring chocolate syrup, flour and

eggs onto them.

A number of the victims — all of them boys — were bruised, while one suffered muscle damage to his leg and buttocks.

"There are five victims known to us. We do believe there are more," RCMP

spokesman Sgt. Craig Cleary said on Monday.

The incidents allegedly occurred at what RCMP called a "freshie party" on Sept. 6 in a field about four kilometres southeast of Lanigan, east of Saskatoon.

MARCO VIGLIOTTI/METRO IN REGINA

Edson, Alta.

### Is this just fantasy? Arrested Queen fan going into politics

An Alberta man who became a YouTube sensation for enthusiastically singing the song Bohemian Rhapsody from the back seat of a police

car is going into politics.

Robert Wilkinson is running for mayor of Edson, a town west of Edmonton.

Wilkinson was convicted of impaired driving last November, fined \$1,400 and prohibited from driving for one year.

The RCMP video amassed more than 10 million hits.

THE CANADIAN PRESS

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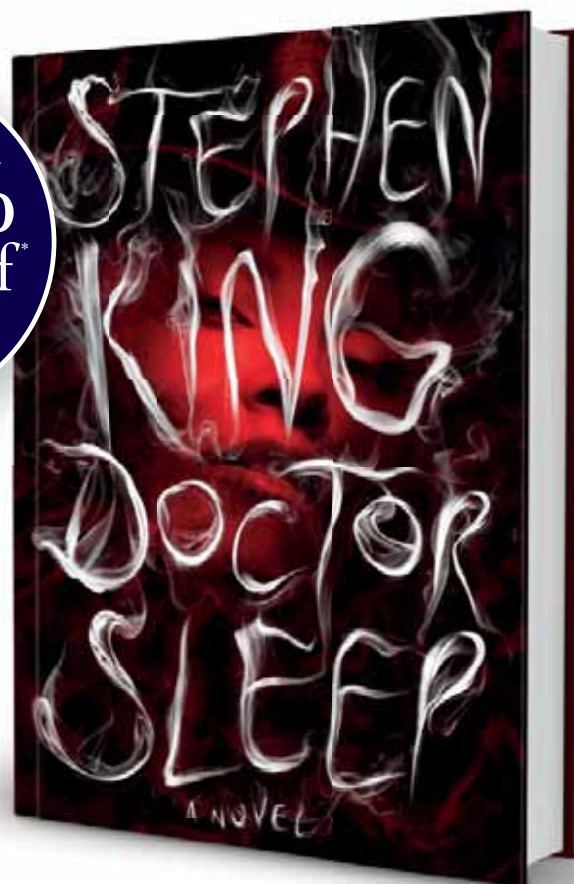
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## Germany. Chemist, actor become first black members of parliament

A chemist and an actor — both with family roots in Senegal — have become Germany's first black federal lawmakers, according to official election results released Monday.

They were among 34 lawmakers with immigrant backgrounds to win seats in Sunday's election, up from 21 in the previous term, said the Migration Media Service, a group that provides facts and figures on immigration in Germany.

Although nearly one in five of Germany's 80 million people are immigrants, or the children or grandchildren of immigrants, relatively few have made it into the federal legislature. Until now there were no black lawmakers in parliament, despite more than 500,000 people of recent African origin believed to be living in Germany.



Charles M. Huber FREDRIK VON ERICHSEN/THE ASSOCIATED PRESS

"My election into the German parliament is of historical importance," said Karamba Diaby, a Senegalese-born chemist who moved to the city of Halle in 1986.

The other black lawmaker elected Sunday was Charles M. Huber, a 56-year-old actor born in Munich to a Senegalese father and a German mother. **THE ASSOCIATED PRESS**

### Human rights

## Swedes outraged by illegal police registry of Roma

Sweden's police have been severely criticized for compiling a secret, illegal registry of more than 4,000 Roma, including children.

In a country known for human rights, ethnic equality and strict adherence to the rule of law, politicians expressed dismay at

the existence of the list, confirmed by police after a report in a national daily earlier Monday.

Parliamentary justice committee chairman Morgan Johansson described the list as "illegal," saying the constitution forbids registering people by ethnicity.

The country's top police officer, Bengt Svenson, has demanded a joint meeting with all regional police chiefs on Wednesday.

**THE ASSOCIATED PRESS**

# European leaders take a stand on racist taunts

## Cecile Kyenge.

More than a dozen nations say attacks against Italy's first black cabinet minister 'must stop'

### Declaration

- Belgium's deputy prime minister, Joelle Milquet, sponsored the initiative after deciding the attacks against Kyenge couldn't go unanswered.
- She said she was pleasantly surprised that so many countries quickly agreed to support Kyenge and sign the declaration, which also calls for a broader European pact against racism to be launched in January.

Cabinet ministers from more than a dozen European nations came to Rome on Monday in a show of support for Italy's first black cabinet minister, who has faced racist taunts ever since she was appointed in April.

The ministers signed a declaration condemning racism as anathema to Europe's democratic principles. They also called for the continent to embrace diversity and for its politicians to be models of unity, not intolerance.

They said the attacks that Integration Minister Cecile Kyenge has been subjected to were unacceptable and must stop, particularly because they have come from Italy's political class.

One member of Italy's xenophobic Northern League has called the Congolese-born Kyenge a "Congolese monkey." Another — the Senate vice-president — likened her to an orangutan, and a third suggested on Facebook that she be raped so she would know what it feels like to be a victim of crime.

Kyenge, an eye doctor who has lived in Italy since 1983, has responded to the attacks with reserve, saying it's not for her to denounce them but for Italians and their institutions to do so. On Monday, ministers and ambassadors from 16 other European Union nations answered on her behalf and condemned the attacks against her.

"Political leaders must be models of unity, acceptance of diversity and tolerance, and not actors of division and intolerance," the declaration read.

Kyenge said the event marked an important moment for Italy and the rest of Europe because the attacks weren't against just her but also against government institutions. **THE ASSOCIATED PRESS**



Italian Integration Minister Cecile Kyenge attends a news conference in Rome on Monday. Cabinet ministers from more than a dozen European nations have come to Rome in a show of support for Italy's first black cabinet minister, who has been attacked with racist taunts since she was appointed in April. RICCARDO DE LUCA/THE ASSOCIATED PRESS

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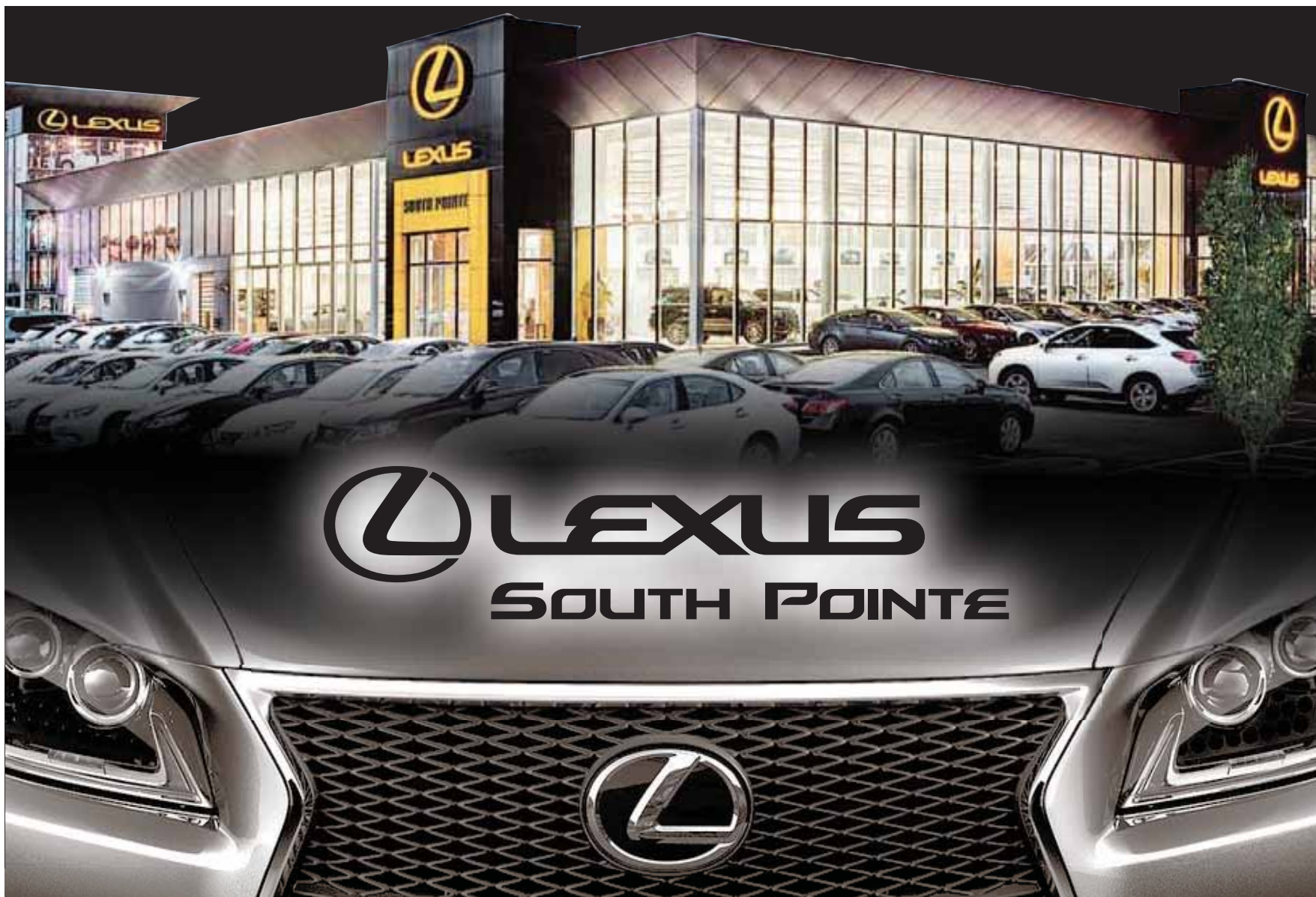
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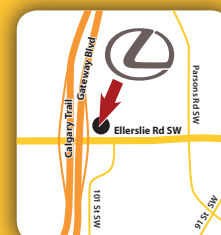


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# Canada keeping a close eye on Kenya after 'cowardly' attack

**Local connection?** Amid reports a Canadian was among the attackers, PM Harper denies homegrown terrorism is a 'mass phenomenon'

Canada will continue to work with its international partners to confront terrorism, and will focus on the group responsible for the "cowardly" attack on a shopping mall in Kenya, Prime Minister Stephen Harper said Monday.

Two Canadians are among the 62 confirmed fatalities in the Nairobi raid and hostage-taking by the Somalia-based, al-Qaida-linked group al-Shabab. More than 175 people were injured in the assault that began Saturday and remained unresolved Monday afternoon.

An early, unconfirmed re-

port claimed a Canadian was among the "mujahedeen" who staged the attack.

The prime minister, at a press conference with his visiting Italian counterpart Enrico Letta, refused to comment directly on the report, and dismissed the suggestion that Canada may be vulnerable to homegrown terrorism.

"I'm not worried about such a thing as a mass phenomenon," Harper said, "but obviously there are always cases that we follow very closely and work with our international partners on. We have had, as you know, a series of legislation on anti-terrorism to give our police and security forces various tools to deal with the phenomenon."

Officials have confirmed that diplomat Annemarie Desloges was one of two Canadians killed when gunmen opened fire with AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue



Security personnel keep watch as Prime Minister Enrico Letta of Italy arrives at Parliament Hill in Ottawa Monday, while in the background, a flag flies at half-staff in honour of Canadian Foreign Service officer Annemarie Desloges, who was killed in Kenya's deadly mall attack. FRED CHARTRAND/THE CANADIAN PRESS

frequented by expatriates and wealthy locals. Media reports identified Vancouver businessman Nagueb Damji as the other

Canadian victim.

Harper said Canada and its allies abroad are monitoring the situation, and he once

again extended his condolences to the families, friends and colleagues of the victims.

THE CANADIAN PRESS

## One in critical condition

### Canadian teens among injured: Aunt

A Minnesota woman says her two nieces — both Canadian citizens — were seriously injured in the terrorist attack on a Kenyan shopping mall.

Hodan Hassan says her nieces — Fardosa Abdi, 17, and Dhemman Abdi, 16 — were shopping when the siege started.

She says Fardosa is in critical condition after undergoing two surgeries for severe leg injuries, while Dhemman had a bullet break her leg and an explosion injure her arm.

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## Just like the boomers, VW's hippie bus is retiring

It carried hippies through the 1960s, hauled surfers in search of killer waves during endless summers and serves as a workhorse across the developing world, but the long, strange trip of the Volkswagen van is ending. Brazil is the last place still producing the iconic vehicle, or "bus" as it's known, but VW says production will end Dec. 31. THE ASSOCIATED PRESS FILE

# 'Bargain hunter' billionaire behind BlackBerry bid

**From CrackBerry to discount bin.** Prem Watsa is backing the \$4.7B deal that could breathe life into moribund company

Less than seven weeks after stepping down from the board at BlackBerry, billionaire investor Prem Watsa emerged Monday as the face behind a \$4.7-billion US deal to save the Canadian tech giant.

Often referred to the Warren Buffett of Canada for his investment choices, Watsa is now in the spotlight for helping broker the potential sale of the struggling smartphone maker.

"He's obviously a value investor. He's a bargain hunter but not in the classic short-term sense," said Eric Kirzner, a professor of finance at the Rotman School of Management at the University of Toronto.

"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time and sometimes gets actively involved."

Watsa, who heads insurance firm Fairfax Financial, is leading a consortium that will acquire all the outstanding shares of the Waterloo, Ont.-based BlackBerry for \$9



### Buy low, sell high?

**"Like Buffett, he likes to acquire great companies at bargain prices and hold them for a long time."**



Eric Kirzner, a professor at the Rotman School of Management at the University of Toronto, on Prem Watsa's investment style. Watsa is pictured at right.

US per share. Toronto-based Fairfax is already the struggling smartphone maker's largest shareholder, owning about 10 per cent of the stock.

Watsa joined the board at BlackBerry in January

2012 following a shakeup at the executive level with the departures of BlackBerry co-CEOs Jim Balsillie and Mike Lazaridis and their replacement in the top job by current CEO Thorsten Heins.

At the time, the Fairfax chairman and chief executive said that a turnaround for the maker of smartphones that were once so popular they were known as CrackBerrys would take upwards of three to five years.

Kirzner said the timing of this deal is questionable, considering that it's been less than two years since Heins took over.

Since then, the company has slashed staff, with some 4,500 employees — 40 per cent of the remaining workforce — being let go in the latest job cuts announced last Friday. THE CANADIAN PRESS

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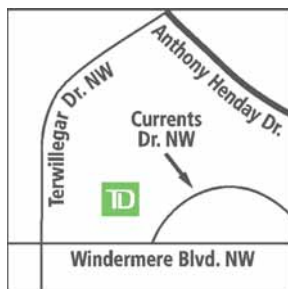
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# TOUGH TO KEEP UP IN TECH AGE

Five hours. That's the approximate amount of time I lost this weekend thanks to Apple's iOS7 update. I spent about 45 minutes downloading the new software on my iPhone and an entire afternoon trying to figure out how to use it.

Apple's website bills the new mobile operating system as a "lively and intuitive interface" with more than 200 new features to make your mobile life easier and more enjoyable. But unless you're an Apple employee or an iPhone fan-boy, it will take you some time to familiarize yourself with the new interface. And for every additional candle on your birthday cake, the learning curve is exponentially steeper.

Like all new forms of technological progress, iOS7 offers plenty of new features that you never actually wanted but soon enough you'll wonder how you ever lived without them. I updated my phone less than 48 hours ago and yet I can't imagine going back to a time before



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

I had the option to customize my vibration alerts and select from a variety of live photo filters before snapping a selfie.

A host of updated apps and tools have now been unleashed into the world in an effort to make our lives more streamlined. Thanks to the many built-in apps, my device has become a calculator, a camera, a level, a flashlight, a compass, a stopwatch and, yes, occasionally I might even use it as a phone.

While digital advancements might be rendering certain physical objects obsolete (provided your battery life holds out), outdated technology has a way of lingering around in a referential sort of way.

I've always thought it was funny that many smartphone icons have been designed to resemble their ancestral counterparts. Years after it became obsolete, the floppy disk continues to be memorialized as the "save" button on all

Microsoft products. Similarly, email icons appear as a hand-delivered envelope, the ubiquitous green call button mimics an old telephone handset, and the draining battery symbol resembles a classic AA.

Future generations might never even realize that these icons actually represent outdated tangible items. They will never know what it is like to live in a wired world of landlines and dial-up Internet. In their reality, swipes and taps will have replaced mouse clicks, every smartphone will have a built-in retina scanner (fingerprints are so 2013) and hipsters will show off their ironic collections of keyboards and other desktop computer relics.

For now, I'm still trying to navigate the Technicolor dream world that is iOS7.

Sure, the vibrant interface is a bit too cheerful and the 3D parallax wallpaper is giving me motion sickness, but all early adopters know that it always takes a while to acclimatize to a new land.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

### Making a beeline for the honey



H & H-J KOCH/SOLENT NEWS

#### Bees link bodies to repair comb

In a remarkable shot of teamwork in the natural world, a colony of honey bees link their legs together so they can repair the gaping hole in their honeycomb. Heidi and Hans-Jürgen Koch captured the insects' extraordinary effort at an apiary in the University of Würzburg in Bavaria, southern Germany.

METRO

#### Q and A

#### Bee chains—a 'mystery'

HEIDI AND HANS-JÜRGEN KOCH  
Photographers, both 56, from Goosfeld, Germany

#### What exactly are the bees trying to do?

They are making chains with their bodies so they can repair a honeycomb. But for scientists it's still a mystery why they actually do this — it's a gaping hole within research. For about two hours they were forging a line in a vain attempt to fill the hole.

When the wind would blow, the bees would scatter. But as soon as it died down, in a flurry the bees would return to build.

#### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

Love it or hate it, iOS7 is here to stay. While many are still waiting for the kinks to be worked out of Apple's latest iPhone and iPad operating system, the brave who have taken the plunge offer a glance at what to expect with the new upgrade — so you know just what you've been holding out for.



GETTY IMAGES

#### Blocking:

Finally, Apple gets it. You don't want to hear from your ex-lover, former boss or a telemarketer ever again. Now, with the blocking function, you don't have to.

#### Time stamps:

Find out exactly when individual messages were sent with the new time stamp feature. No more guessing.

#### Photo filters:

If you've started to get a tad paranoid about putting all your selfies on Instagram, the new iOS has a built-in photo filter feature. Goodbye #Instagram.

#### Wish list:

Want an app but don't want to shell out for it just yet? Add it to the new iOS7 wish list.

#### Letters

#### RE: Coca-Cola Apologizes For 'You Retard' Bottle Cap, published Sept. 19

I would like to express my gratitude to all those involved in producing the article and bringing the widespread issue of social inequality to the attention of the public.

An incident that could have easily been passed by was brought to the attention of all the readers of your newspaper and will now be in the back of their minds as they go through their days, weeks, and lives.

Coca-Cola, a world renowned

supporter of all types of people in all walks of life, has made a mistake that should cause a serious problem for the company. The fact that this was done as part of a promotion that takes our two official languages and puts them together is appalling.

The link between the two languages should be a cause for celebration, appreciation, acceptance and a sign that our country is moving forward towards a place where everyone is accepted regardless of their language, race, sexual orientation, beliefs and abilities.

**Lindsay Qualtrough**  
Scarborough, Ont.

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Don Jon, Joseph Gordon Levitt's directorial debut, couples a novel pun with a novel complication. The star plays a modern reinvention of the legendary lothario, a New Jersey gym rat with a porn addiction that may hamper his blossoming relationship with his breathtaking co-star Scarlett Johansson. Rom-coms that defy fluffy conventions are rare beasts. We line up the best of this sparsely populated sub-genre.

MIKE DOJC



## Shallow Hall

(Jack Black, Gwyneth Paltrow) — Hal is a superficial to the nth degree kind of guy. Hypnotized by Tony Robbins to see only inner beauty, he falls head over heels for a 300 pound woman. The story arc may ride the traditional rom-com waves of emotion, but it does so while simultaneously skewering the genre thanks to the Farrelly brothers' bold and brave brand of funny business.

## Silver Linings Playbook

(Bradley Cooper, Jennifer Lawrence) — The Hangover trilogy's breakout star shed his frat house rep with an Oscar nom worthy turn as a bipolar man released into his parents' care after an eight month stint in a mental-health facility. A gritty rom-com that eschews the hollow hallmarks of the genre by uniting a pair of truly damaged characters, Playbook focuses on serious relationship building rather than relying on cute contrivances.

# 5

## Out of the box rom-coms



## Safety Not Guaranteed

(Aubrey Plaza, Mark Duplass) — A cynical journalist with a couple apathetic interns investigates a kooky classified ad placed by an alleged time traveller who is seeking a sidekick for a mission into the past. This smart and imaginative film manages to imbue weighty relationship issues with an endearing warmth while weaving in serious doses of chuckles.

## Lars and the Real Girl

(Ryan Gosling, Kelli Garner) — At the behest of a shrink, in order to get to the root of a deep-seeded psychological delusion, Lars' family and friends play along with his belief that a life-sized doll is a real woman that he's in a committed relationship with. Instead of being tempted by cheap gags, the movie doubles down on tenderness as town folk play along in an effort to free him of his social anxiety.

## Punch Drunk Love

(Adam Sandler, Emily Watson) — The Sandman is still very recognizable as an insecure, tormented sad-sack prone to bouts of rage. Only this time he's not a caricature and the overarching themes of loneliness and cathartic self-acceptance ring truer as a result. But throw in an extortionist sex phone line operator and a scheme to stockpile pudding to collect frequent flyer miles and you won't be needing a tissue box.

Gunther von Hagens'

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# Leaving her mark on a story about water

## Documentary.

Canadian filmmaker examines our complex relationship with a precious resource

STEVE GOW

scene@metronews.ca

Back in 2006, director Jennifer Baichwal hit on something very special when she followed acclaimed photographer Edward Burtynsky into China as he took some of the most visually striking pictures of industrial wasteland you'll ever see. The result became the acclaimed documentary *Manufactured Landscapes* and garnered the director several awards.

"We always wanted to work together again," said Baichwal during the Toronto Film Festival. "Ed was very intrigued by film and I think after *Manufactured Landscapes* he thought he wanted to be more involved from the beginning."

As such, Baichwal and Burtynsky (now as co-director) kept in contact and finally found their focus with *Watermark* — a stunning examination of the human relationship to our most treasured natural resource — water.

"It was the cinematic possibilities of water in all its different incarnations (that) came immediately to the fore," explained Baichwal of the film's

## Quoted

- Baichwal on combining art and environmentalism. "There are a lot of environmental films that have arguments to advance and they do that very well," said Baichwal. "But they have a very traditional format that I'm less drawn to."

theme of water and how humans have interacted with (and) shaped water and long for water — there's this sort of primal relationship there — and then tried to find as many existential moments that showed that as we could."

It wouldn't prove an easy task. *Watermark* would take more than five years to develop as the directing duo travelled across 10 countries to investigate everything from a polluting tannery in Bangladesh to the construction of the massive Xiluodu dam in China — all displayed with a non-didactic observer's eye but filmed in such a way to lend the ecological madness a certain mystical beauty.

"One of the reasons that I've always kind of married art and environmental issues is (because) film is a visual medium," said Baichwal.

"If you can't find a way of conveying something that has visual power, it feels to me that maybe you should write a book about it (instead)."



Jennifer Baichwal travelled to 10 countries to investigate human interaction with water. CONTRIBUTED

## DVD review

### World War Z

Director. Marc Forster

Stars. Brad Pitt, Mireille Enos, Daniella Kertesz

The undeniably magnetic Brad Pitt sprints over plot holes in this global zombie horror that would sink a lesser actor.

His combination of macho

heroics and regular-guy empathy raises pulses and inspires rooting interest in a story that is otherwise filled with howlers, and not just the undead kind.

Pitt's resourceful Gerry Lane somehow manages to find clear highways when all others are clogged with fleeing humans. He travels to zombie zones to acquire info that a telephone call or email could have supplied.

He makes deductions that would leave Sherlock Holmes scratching his head.

But he keeps moving — his battle-tested motto is "movement is life" — and he carries us with him. The zombies seem to abide by the same dictum, since they sprint, climb and leap like undead Olympic athletes, especially in one amazing scene where they breach Israel's border wall.

Director Marc Forster's

adaptation of the 2006 best-seller by Max Brooks retains the global zombie pandemic angle but dispenses with the past-tense multiple voices of the source novel. The reductionism is understandable, though, because you'd need a TV miniseries to get everything in. Extras are Blu-ray only. They include the unrated version of the film and multiple making-of featurettes.

PETER HOWELL

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Miley Cyrus. ALL PHOTOS GETTY IMAGES

## Bling it back: He put a ring on it, and it may not be returning

The engagement may be off, but Miley Cyrus is apparently keeping the ring. Cyrus is said to still be hanging onto the hand-cut 19th century ring — estimated to be worth about \$100,000 — that Liam Hemsworth gave her, accord-

ing to E! News. "The ring has not been returned to the jeweler, Neil Lane," a source says. "Generally, the protocol is for the bride to keep the ring. It's up to her whether or not she wants to return it or keep it as a memento."

### The Word



## Biggest blunder or best-ever Emmy speech?

MELINDA TAUB  
Metro World News

Merritt Weaver won best supporting actress in a comedy Sunday night at the Emmys, and her acceptance speech was one for the books.

"Thank you so much," she said. "Um, I gotta go." And then she went, as though the Emmy audience were a bad blind date and

she was slipping out of a coffee shop.

What would lead an actress to shrug off her moment of glory without thanking everyone they'd ever met?

Sounds like the Nurse Jackie star just had a good old-fashioned freak-out. "It's hard to do those," she said backstage after the show, according to Variety. "I don't know how to feel yet. ... I have therapy next week."

So reporters should probably wait outside her therapist's office if they want to finally hear her thank her publicist.

Or we could all just agree her speech was awesome?

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Michael Douglas

## Michael thanks his wife despite turbulent times

While Michael Douglas was collecting an Emmy for his work in *Behind the Candelabra*, his estranged wife, Catherine Zeta-Jones, made her first public appearance since they announced their separation, walking the red carpet in Qingdao, China to celebrate the announce-

ment of a new \$5 billion film studio to be built there, according to TMZ. Douglas was gracious enough to mention her in his acceptance speech, though, saying, "I want to thank my wife, Catherine, for her support" while still sporting his wedding ring.



Laura Prepon

## Prepon knew her pals were meant to be

Mila Kunis and Ashton Kutcher's former *That '70s Show* co-star Laura Prepon "wasn't surprised" when Kunis and Kutcher began dating last year, telling *Us Weekly* that it's "incredible" to see them together. In fact, she confirms that way back when they made their sitcom, Kutcher was actually Kunis' first kiss — on-screen or off. "He was, he was," she says. Prepon also believes that, should what appeared to be an engagement ring on Kunis' finger this month lead to a wedding, she'll get an invitation. "Obviously if people wanted us there — which she would because we're all family — then of course I would be there," she says. "We support each other no matter what."

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@ChloeGMoretz

Hey guys gimme some suggestions on one of the darkest songs you know, really good dark song



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My stomach hates me for the pizza I ate today



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Corolla LE shown.

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# Popped a molly, now I'm sweating and now I'm dead

**Drugs.** Pop culture have people thinking molly is a safe drug but the reality couldn't be farther from the truth

**MEREDITH ENGEL**  
Metro World News

Ecstasy has long been a popular club drug, but its molecular form — dubbed “molly” — is going through a surge in popularity these days.

Miley Cyrus sings about dancing with molly in her song We Can't Stop, and a series of deaths from the drug in the past two weeks is being linked to a possible bad batch sweeping the U.S. East Coast.

Young people love it because they seem to think it's a purer (and therefore safer) form of ecstasy, says Dr. Travis Stork, an emergency physician and host of TV's The Doctors, which just premiered its sixth season. But that “could not be further from the truth,” he says.

“The young adult culture that's embracing (this) has this false sense of security that it's safe,” says Stork. “Especially when it's in a powder form. The truth is you have no idea what's really in it.”

As a stimulant, molly revs up bodily functions — everything from metabolism to heart rate to blood pressure to brain function.

Even though it's in the same drug category as caffeine, taking molly is not like



Taking a molly has some severe risks. ISTOCK PHOTOS

just drinking a giant mug of coffee.

Molly also has a psychedelic element to it, one that can cause hallucinations and feelings of euphoria and invincibility.

The consequences of that high include a spike in heart rate and blood pressure,

hyperthermia (when the body overheats), hyponatremia (a major sodium imbalance in the body) and seizures, all of which can be fatal.

Stork urges parents to speak to their children about the drug before their peers start the conversation.

“There's so much mis-

information out there amongst kids, and obviously we know that kids are willing to say or believe anything,” he says. “My advice is have an honest conversation about drugs with your kids before their friends do in a respectful, trusting way, because once that conversation's been



Miley Cyrus' recent song has helped to popularize the use of the drug.  
CONTRIBUTED

had, if it's been had by someone else, it could be too late.”

There's no “right” age to start that dialogue, he adds — it's about knowing your child, being involved in his or her life and keeping your ears open.

“If you're worried about someone else having the conversation with your child, that's the time to have the conversation,” he says. “As a parent, it can be uncomfortable to bring these things up — just like the conversations about sex can be difficult to bring up — but they can also be incredibly, incredibly meaningful.”

## Best Health

### Stretch out your stress with yoga



**BEST HEALTH MINUTE**  
Bonnie Munday  
Editor-in-chief  
Best Health Magazine

How does yoga help to soothe stress? Let us count the ways. Best Health asked for insights from David Good, a yoga instructor at studios including Breathe Yoga Studio in Toronto. He is also a Lululemon Amba-

sador.

“I believe in opening the mind and heart to a new way of thinking about your body and potential,” he says, adding yoga can help you feel less stressed in these three ways.

#### It provides muscle relief

From shoulders to neck, hips and lower back, yoga releases tension due to stress in these major store houses by lengthening the muscles and creating gaps between joints and bones.

#### It promotes healthy organs

Yoga stimulates the parasympathetic nervous system, Good says. “Whereas the sympathetic nervous system is your ‘flight or fight’ trigger, the parasympathetic nervous system helps you relax by lowering your blood pressure, strengthening your digestion and boosting your immune system.”

#### It gets you fit inside and out

A healthy workout is good for the body and soul. Yoga helps you to become leaner, build muscle and de-clutter your conscience.

#### It leads to clarity and focus

“Yoga teaches you the art of concentration, which helps you to establish a real sense of self,” Good says.

#### It builds emotional strength

Meditation through yoga forces you to take a pause and to reflect, which over time enables you to better handle stress and face issues with a stronger, more positive and confident approach.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO [BESTHEALTHMAG.CA](http://BESTHEALTHMAG.CA), OR CHECK OUT OUR IPAD APP.



Let yoga melt away your stress.  
ISTOCK PHOTO



Health research

## Swearing away your pain

Don't listen to grandmothers bleating about manners: Not only is swearing fun, it has many health benefits. That's according to leading "swearologist" Dr. Richard Stephens, a psychologist at Keele University in England, who has shown swearing accelerates pain relief and explained his research into this interesting phenomenon.

### What have you discovered?

We showed that swearing is a form of emotional language, a more demonstrative mode of expression. Our latest test showed how aggression can also help pain relief; we had subjects play violent video games or golf simulators, and then saw how long they could keep their hands in ice. The aggressive game players lasted longer.



CASSANDRA GARRISON/  
MWN

### Nice. What can swearing do for me, doc?

Mainly pain relief, but potentially stress relief, too. One researcher found that swearing altered moods and reduced irritation. We're also looking at whether being emotional makes you better at swearing, which we test in a fluency task of how many words they can say in a minute.

### So, you can tell who is the best at swearing?

We know some are more fluent than others. We also looked at gender, age, social class, etc. Women swear less and working class people swear more.

### How can we get the most benefit?

There's no manual, but the more you swear the less you benefit.

# Pedal to the mettle

**Fitness.** Introducing SoulCycle, the indoor cycling workout where New Yorkers come to break and meditate

ROMINA MCGUINNESS  
wellness@metronews.ca

Let's call this what it really is, a spinning class. And at \$34 for 45-minutes, a pricey one. So how did a simple trend suddenly become such a "thing" in fitness? SoulCycle is an "experience." A full-body workout with a mental component to it, instructor Danny Kopel tells Metro.

"Some people call it a slutty sanctuary. The lights are dimmed throughout and at a certain point, everything goes dark and there'll be candles around the instructor. In a city like New York, the fact you're in a setting that's conducive for your brain to relax and getting a workout



Ride like the wind. CONTRIBUTED

is key," he explains.

## Riding to the beat

What makes Soul Cycle unique is the music, which, depending on the instructors' mood that day, ranges from country to electronica.

"Music is the best kind of distraction. During class, you ride at different tempos and

levels of resistance, incorporating dance moves, upper body and core exercises as you go along," says Kopel. "During a slower tempo, you might be climbing heavily to Céline Dion but then running out of the saddle to Kanye West. We encourage people to ride with no self-consciousness, to lose themselves in the music."

## SoulCycle playlist

by Danny Kopel

- Royals. Lorde
- Sweet Dreams Original Mix. Stereo Express
- Dill the Noise. Dillon Francis and Kill the Noise
- Symphonica (Original Mix). Nicky Romero
- Shave it Up (Extended Mix). Zedd

## The body: why it's a calorie burner

Don't go thinking this is an easy ride: this is intense.

"You're powering with your legs and during the upper body exercises you're lifting one-to-five-pound hand weights. It's classic interval training, which is the best way to fire up your metabolism," says Kopel.

# LASER TECHNIQUES ARE REVOLUTIONARY

Pro-fractional and fractional laser therapies are revolutionary because they are capable of resurfacing skin with the least amount of downtime than with previous laser resurfacing. The technology utilized for this allows laser to either coagulate or ablate the tissue by penetrating the dermis in little micro-beams, achieving precise tissue heating or removal. This technique leaves most of the skin intact between the treated tissues so there is rapid repair. Downtimes have thus been reduced to days as opposed to weeks with the traditional lasers.

The areas that have been coagulated or ablated not only heal and produce fresh new skin, but the process also stimulates the fibroblasts to produce new collagen and elastin fibres. This continues to plump and tighten the skin for up to six months after the procedure has been completed. Therefore, this treatment is ideal for reducing and

removing scars, fine lines, wrinkles and tightening skin. The depth and heat control mechanisms also allow for treatment of sun-induced pigmentation and Melasma (brown pigmentation usually found on the cheeks, upper lip and foreheads of females).

The fractional laser heats and coagulates the dermis, the deepest layer of your skin beneath the skin's surface while leaving the epidermis intact, which renders it suitable for treating all skin types. Since it is non-invasive, the downtime consists of one day of redness and swelling.

The pro-fractional laser vaporizes the treated tissue columns in the epidermis and dermis, which requires slightly more down time, thus decreasing the amount of treatments necessary to achieve the desired results. As a result, noticeable improvements in ice pick scarring, fine lines, wrinkles, skin tone and texture are being made.



**Dr. Janice Liao** F.R.C.P.(C)  
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SKIN CARE

METRO CUSTOM PUBLISHING



# Country twist on comfort food



**ROSE REISMAN**  
For more, visit  
rosereisman.com or  
follow her on twitter  
@rosereisman

This is a wonderful comfort stew as the weather gets cooler. Leg of lamb is a great cut of meat for this stew but feel free to substitute top sirloin beef. If you use stewing beef you will have to simmer the stew longer until the meat is tender.

1. In nonstick saucepan, heat 2 tsp of oil over medium-high heat. Dust the lamb cubes in the flour and add to the saucepan. Cook for 5 minutes or until well-browned on all sides. Remove lamb from saucepan.

2. Blanch the pearl onions in a pot of boiling water for 1 minute; refresh in cold water and drain. Peel and set aside.

3. In same saucepan, heat remaining 1 tsp oil over medium heat; add garlic, mushrooms, leeks, carrots, bell peppers, zucchini and pearl onions. Cook 10 minutes or until softened, stirring occasionally. Stir in tomato paste and wine. Return

## Lamb Vegetable Stew with Garlic Mashed Potatoes



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

lamb to saucepan along with tomatoes, stock, rosemary, bay leaf and salt and pepper. Bring to a boil, cover, reduce heat to medium-low, and simmer for 25 minutes or until carrots and meat are tender.

4. Meanwhile, put potatoes in saucepan with water to cover; bring to a boil and cook 15

minutes or until tender when pierced with knife. In nonstick skillet, melt margarine over medium heat; add garlic and onions and cook 4 minutes or until softened. Drain cooked potatoes and mash with chicken stock and sour cream. Stir in onion mix and salt and pepper. Place potato mix on large serving platter and pour stew over

## Ingredients

- 3 tsp vegetable oil
- 12 oz leg of lamb, visible fat removed, cut into 1-inch cubes
- 3 tbsp flour
- 1 cup pearl onions
- 2 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1 1/2 cups chopped leeks
- 1 cup sliced carrots
- 1 cup chopped bell peppers
- 3/4 cup sliced zucchini
- 1/4 cup tomato paste
- 1/3 cup red or white wine
- 2 cups chopped tomatoes
- 2 cups beef or chicken stock
- 2 tsp dried rosemary
- 1 bay leaf
- Salt and pepper to taste

## Mashed Potatoes

- 1 1/2 lb potatoes, peeled and quartered
- 1 tbsp margarine or butter
- 1 tbsp minced garlic
- 1 cup chopped onion
- 1/2 cup chicken stock
- 1/3 cup light sour cream
- Dash of salt
- 1/4 tsp ground black pepper

top. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

## Health Solutions

### Honey, honey



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

You know honey is good for you but you don't know why or what to look for, right?

Hugh Simpson is an artisanal beekeeper in Collingwood, Ont. (ospreybluffs-honey.ca) and he busts some honey myths.

### Myth: When honey crystallizes it spoils

• Honey never spoils. Crystals are caused by sugars combining and forming together. It is actually good because it tells you your honey has never been heated. Just immerse the jar in boiled water and let sit to reverse the "problem."

### Myth: Pasteurizing makes honey healthier

• It does the opposite in that it adds heat,

which kills the enzymes that provide a health benefit. The true honey lover wants the crystals, which indicate a less processed product.

### Myth: Squeeze bottles are best

• While it may feel easier to squeeze a dollop, you really want to purchase your honey in glass jars. If only so you can uncrystallize easily without risking plastic leaching.

### Myth: Honey colour means nothing

• The colour of honey is a function of nectar source. The darker the colour, the more intense the taste. Light honey comes from canola or

basswood. Orange honey's bees are fed on dandelions. Multifloral honey is mid-season and mid-colour. Late season is richer because of wild flowers like goldenrod. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Lunch. Roasted Cauliflower Soup

1. Heat oven to 400 F. Line rimmed baking sheet with cooking parchment.

2. Use paring knife to cut out and discard core of each head of cauliflower, then cut heads into large florets. Place florets in bowl and drizzle with olive oil. Toss to coat. Sprinkle with about 2 teaspoons of salt, toss.

3. Arrange the florets in a single layer on the prepared baking sheet. Roast for 30 minutes, then use tongs to flip the florets, then roast for another 30 minutes, or until the florets are deeply caramelized and golden.

4. Transfer florets to blender and add 2 cups of broth. Purée, then add the half-and-half and purée for another 3 minutes, or until completely smooth. The purée should be very thick. With the blender running, add the remaining broth, the thyme and white pepper. Taste and adjust seasonings.

5. The soup can be transferred to a saucepan and gently heated, or refrigerated overnight before reheating and serving.

6. When ready to serve, garnish each bowl with a bit of cooked bacon and a sprig of fresh thyme. **THE ASSOCIATED PRESS/**



ELIZABETH KARMEL, AUTHOR OF SOAKED, SLATHERED AND SEASONED.

## Ingredients

- 2 heads cauliflower (about 4 1/2 lbs total)
- 1/4 cup olive oil
- Kosher salt
- 4 cups chicken broth (or more for a thinner soup), divided
- 2 cups half-and-half
- 2 tsp chopped fresh thyme, plus 8 sprigs to garnish
- Pinch of white pepper
- 10 slices apple wood smoked bacon (or 3 slices country ham), minced and cooked

# Spike your Dutch Baby with sausage and seasonal apples

A basic Dutch baby is a common baked pancake. This recipe alters it with crumbled breakfast sausage and chopped apples, a delicious and filling combination that blends savoury and sweet flavours.

1. Heat the oven to 400 F.

2. In a blender, combine the eggs, flour, milk, yogurt, vanilla, cinnamon and salt. Blend until very smooth, then set aside. Alternatively, the batter can be made in a bowl using a whisk.

## Ingredients

- 3 eggs
- 1/2 cup all-purpose flour
- 1/2 cup milk
- 1/4 cup plain Greek yogurt
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch salt
- 1 lb loose breakfast-style pork sausage meat
- 3 medium apples, divided
- 1 small yellow onion, diced
- 1 tbsp sugar
- Maple syrup, to serve



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Coat a large cast-iron or oven-safe non-stick skillet with cooking spray, then heat it over medium-high. Add the sausage and cook, breaking up the meat, until just starting to brown, about 10 minutes.

4. Meanwhile, peel and core 2 of the apples, then cut them into 1/2-inch chunks. Add the cut apples and onion to the skillet,

then sauté until they are just tender, about 6 to 8 minutes. Spread the sausage-apple mixture evenly over the bottom of the skillet and remove the pan from the heat.

5. Core the remaining apple, then cut it crosswise into very thin slices. A mandoline is best for this, but a food processor or careful knife work is fine, too.

6. Pour batter evenly over the sausage-apple mix. Tilt pan as needed to ensure it spreads evenly. Arrange the apple slices over the top of the batter; it's fine if they overlap. Sprinkle the apples with the sugar, then bake for 20 minutes.

7. To serve, slice into wedges and drizzle with maple syrup. **THE ASSOCIATED PRESS**





Resist the urge to set the agenda when travelling with another couple. ISTOCK

# When four becomes one: How to travel with another couple

## The more the hairier?

Travelling as a couple can be tough but a foursome is tougher; here are some tips to make it easier

MIKE  
DOJC  
life@metronews.ca

Maybe you've mastered the art of travelling as a couple. But the same rules don't apply when travelling in a foursome. Back in the '90s, the Spice Girls wrote the rules of engagement for when 2 Become 1, but what about when four become one? The more the merrier could be amended to the more the hairier. Here's how to double up without doubling the drama.

## Itinerary integration

The key to a stress-free co-coupling vacay is to assure that nothing is compulsory. Once you make the decision to hit a destination in tandem, there's an expectation that group outings will be de rigueur. Proclamations like, "We're in Paris; we simply must spend at least one day touring the Louvre and soaking up the art" can be fighting words. Resist the urge to set the agenda. Instead, seek common ground on your sightseeing wish list and split up the rest of the way.

## Dining deliberation

Deciding where to eat at home can grease the flames of debate. Add another set of palates and a limited time frame to sample the local cuisine and suddenly there's a ravenous debate raging on the

trustworthiness of UrbanSpoon ratings versus Zagat restaurant reviews. Avoid a fork fight over who has got the most inspired sea bass in town and achieve dining détente by allowing a third party, perhaps the concierge, to reserve a table for four.

## Requisite relaxation

Much vacation time is spent lazing by the pool, sipping pina colodas and just generally doing nada. The art of sloth increases in complexity when more people are invited into the mix. Staking out one umbrella isn't too difficult, but hunting for a spot to accommodate four can be tricky — especially if you are holidaying during the busy season. Don't settle for subpar real estate. Decouple and reunite later once you've all had some sun.

## SaladMatch. Spinach, tomatoes and a side of true love, please

You had me at "romaine." This could be the sound of the dating scene now that the New York City chain Just Salad has released its new dating app, SaladMatch.

Signing up is simple: You can download the app for free and connect through your Facebook account. Your Facebook profile picture is your SaladMatch picture. The only information you need to provide is salad preference, which location you fre-

quent and what time. From there, SaladMatch finds other singles with similar tastes and lunch schedules.

Skeptical? Just Salad has actually been tossing salad lovers together for years, beginning with the launch of SaladMatch.com in 2010. The app, however, is brand new. The goal is to connect busy young professionals who lead healthy lifestyles.

Similar to Tinder, users can click "yes" or "no" based on the profiles SaladMatch generates.

So, b a l - s a m i c or ranch? There could be a lot more riding on that decision than you think. METRO

Who could you meet while chowing down on your favourite salad?

ISTOCK

# Feel free to quote him on that, it's been done 1,000 times

Former maintenance worker Greg Packer has been quoted more than 1,000 times in media reports, at everything from iPhone launches to Whitney Houston's funeral. He has met four presidents and three popes, and became so pervasive that The Associated Press sent a memo to reporters to stop quoting him, which he considers one of his main achievements. Following a film Packer made, we became the latest publication to feature him.

## We've got to ask: What's the appeal of being quoted so many times?

It's a combination of the event, the news event around it, and being out and about in different, exciting places.

## How do so many of your quotes make it into reports?

There's no guarantee and I'm shocked how often it happens. I think it's a combination of enthusiasm, truth and giving reporters a chance to present their story.



Most quoted "man on the street" Greg Packer (in the hat) holds first in line for the Apple iPad in 2010. GETTY IMAGE

## In all the years you've been doing this, what is the best story you have been in (apart from this one)?

The iPhone queue was one of my favourites because it's such a popular event. Another was in 1996 when I was second in line for World Series tickets.

## Have you ever wanted to work in media?

Yes it crossed my mind, but I never pursued it.

## Does anyone else do what you do?

I haven't come across any but it wouldn't shock me if I had imitators.

## If you could have the pick of any newspaper or TV show, would you most like to appear on?

I would love to appear on Letterman or the BBC in London. I'll just keep getting out there and maybe I'll get the call, just like you called me! METRO WORLD NEWS



# COMMUNITY AT THE CORE OF PROGRAM

## OFFERED AT NAIT

Cape Breton University's master of business administration (MBA) in community economic development (CED) program is flexible, allowing you to complete a two-year, advanced credential part time.

With community at its core, this two-year program focuses on leadership, strategy, international management and community development. The leading-edge curriculum is designed for learners who aspire to leadership roles in the public sector, development and entrepreneurial companies. Graduates have included directors, generals and mayors, as well as managers, developers, and educators.

Reap the benefits of small class sizes as you work through 13 core courses, two electives and an applied research project. Studying part time on select weekends means you can complete all courses at NAIT over 24 months. Or choose the

modular format especially designed with working adults in mind — stay at the student residence in Sydney, N.S., and take classes there each July. The residential program includes short, on-site residencies followed by deliverables paced over 12 weeks. Out-of-province learners can take four to five classes each July and complete all program requirements over three summers (26 months).

"The Cape Breton University MBA program offers a perfect balance," says student Amanda Pelletier. "As an MBA program, it puts business in the context of community economic development, which is a personal passion of mine. Further, the professors are extremely knowledgeable in their field and are deeply invested in their communities."

If you have completed a bachelor of business administration (BBA) or bachelor of commerce (B.Comm.) degree with 75 per cent or better in relevant courses, you may qualify for exemption from the four core business courses.



CONTRIBUTED

Ranked first in Canada by Maclean's magazine for total education experience and quality of teaching, Cape Breton University's (CBU) MBA in CED has also been profiled three times in the annual MBA Guide, a publication of Canadian

Business magazine. The November 2008 annual MBA Guide describes the work of Brig.-Gen. Mike Jorgensen in the CED program at CBU.

For more information on fees and application deadlines, contact [mba@cbu.ca](mailto:mba@cbu.ca).

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**KATE MCINTOSH**  
MBA 2013



# PREPARE FOR SOCIAL RESPONSIBILITY

## NEW SPECIALTY IN ALBERTA SCHOOL OF BUSINESS MBA

The specialization in sustainable management is a new specialty in the Alberta School of Business MBA program that prepares students for careers in corporate social responsibility.

Most large organizations now have an awareness that good business practices inherently involve positive social relationships with employees, customers and other stakeholders in the broader community.

“The sustainable management specialization is designed to create leaders who understand that treating their stakeholders in a positive way can enhance the organization’s ability to operate efficiently, reduce risk, attract and retain talented employees and increase innovation,” says Roy Suddaby, Eldon Foote professor of law and society at the Alberta School of



PRESSMASTER/COLOURBOX

Business, University of Alberta.

Sustainable management identifies ways in which corporations can make profits in a socially and environmentally responsible way.

Despite only being around for two years, Suddaby says this program has been extremely successful.

“Not only have we achieved gold standing for our student chapter in net impact, we were ranked No. 33 in sustain-

ability and No. 48 in social impact in the net impact business as unusual guide for 2013,” Suddaby says.

Suddaby says the best measure of success for this program is the high level of engagement, excitement and satisfaction that he sees from students.

Pamela Walters, senior consultant, Russell Farmer and Associates Consulting Ltd., had a background in human resources and compensation before entering

## THREE PILLARS

The specialization in sustainable management at the Alberta School of Business is part of the Canadian Centre for Corporate Social Responsibility (CCCSR) and features Western Canada’s first MBA course devoted to arts management. The CCCSR is built on three pillars — social impact, environmental sensitivity, and the economics of community building.

the program. When she enrolled in the general MBA program at the University of Alberta, she was interested in course work that would stretch and augment her existing experience.

“Courses such as strategic management in the arts allowed me to apply business sustainability practices to an industry that has always intrigued me,” Walters says.

For more information about the Alberta School of Business and its MBA programs, visit [business.ualberta.ca](http://business.ualberta.ca).

## NARROWING DOWN CHOICES

Graduate programs in business and management are drawing a wider range of applicants, and these aspiring students are more likely to have a single program type in mind for either an MBA or non-MBA master’s degree, according to GMAC’s 2013 mba.com prospective students survey.

Over the past four years, the percentage of student candidates considering both types of programs has declined to 25 per cent in 2012 from 33 per cent in 2009.

The worldwide survey of prospective management students includes data from more than 31,000 individuals who registered on mba.com, the GMAC web portal for those interested in graduate management education and the GMAT exam, surveyed over the past two years.

New reports from the survey provide data on a wide range of topics including:

Program demand. As more millennials consider management education, the proportion of potential students interested in specialized master’s programs in business continues to rise, to 44 per cent in 2012 from 42 per cent in 2011. Meanwhile, the proportion of aspiring students interested in full-time, two-year MBA programs is up one percentage point and the proportion



ARENACREATIVE/COLOURBOX

interested in part-time programs is down one percentage point.

Recruitment planning. Although a growing proportion of prospective students consider cost the most important factor in their decision-making, concerns about financing have declined. This is seen in declining percentages of prospects concerned about the cost being more than they can afford as well as their declining potential debt burden (each down four percentage points in the past four years).

For more information, please visit [gmac.com/prospectivestudents](http://gmac.com/prospectivestudents).

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# OBTAIN UNIQUE DUAL DEGREE FROM VIU

Obtain a Canadian MBA and a U.K. MScIB degree (the U.K. degree is from the University of Hertfordshire) through Vancouver Island University without the requirement to study in the U.K.

This unique program has an international business focus throughout, but also offers options in finance and marketing.

For graduate Rimmi Banerjee, the most important factor for her was the dual graduate business degree of MBA and MScIB com-

bined with a short duration of 16 months.

"The course was specific, dealing with relevant concepts and tailored according to the need of the real work environment," Banerjee says.

Banerjee says the best part about the course was it was challenging, not only at an intellectual level, but also on physical and emotional levels.

"At this time, looking back, I feel a sense of achievement that this course brought

along and this is what I enjoyed the most," Banerjee says.

This program also focuses heavily on a 16-week internship portion, which is one of the top reasons students give for choosing the MBA program at VIU.

VIU also offers a two- to three-month business foundation program for students who have finished a non-business degree that will prepare them for the MBA program.

For more, visit [viu.ca/mba](http://viu.ca/mba).

The MBA with a conscience



## EARN AN MBA IN COMMUNITY ECONOMIC DEVELOPMENT FROM CAPE BRETON UNIVERSITY AT NAIT

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## MORE MBAs BEING HIRED, STUDY FINDS

The job market continues to improve for graduate business school degree holders as more employers plan to hire MBAs and specialized business master's talent than did so last year, according to the 2013 corporate recruiters survey. The survey was issued by the Graduate Management Admission Council and its survey partners, the European Foundation for Management Development and the MBA Career Services Council.

A companion student exit survey, the 2013 global management education graduate survey, shows that similar to last year, six in 10 business school graduates already had job offers in February or March. The annual employer and graduate surveys, looking at the current employment outlook from both sides of the market, were released by the Graduate Management Admission Council.

"Whether employers are aiming for more productivity or growth, the world's graduate business schools are providing the talent for them," says Dave Wilson, president and CEO of GMAC, the worldwide association of business schools that administers the GMAT exam. "B-school graduates are finding that their education is providing a clear and valued competitive edge in the job market."

The 2013 corporate recruiters survey of 935 employers around the world finds 75 per cent plan to hire MBAs, up from 71 per cent that hired MBAs in 2012.



# Get your cash in a flash with direct deposits

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The federal government is hoping to soon convert the remaining 20 per cent to electronic, rather than paper, payments. How can

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## Attention all students.

Under the federal government's direct deposit program, students waiting for loan payments, tax refunds, rebates and grants can sign up to receive their payments electronically, making for faster, greener, more secure, hassle-free payments. Students wishing to sign up for direct deposit can enroll with the Canada Student Loans Program.

they do that? With your help.

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1-800-O-Canada, or online at [directdeposit.gc.ca](http://directdeposit.gc.ca), you are giving the federal government permission to pay you electronically.

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have to wait in the event of a postal strike and you'll be helping the federal government save almost \$17.4 million a year in printing and mailing costs.

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- Universal Child Care Benefit
- GST / HST / Income Tax
- Veterans pension and

benefits

With the safety and security of electronic payments, never again will you hear yourself saying: "Where did I put that cheque?"

NEWS CANADA

# Hungry and hip: Fleeting junk foods in high demand



Chef Dominique Ansel prepares a batch of Cronuts. THE ASSOCIATED PRESS

So maybe the chance to taste the flaky spawn of a doughnut and croissant won't get you lining up at the crack of dawn. Maybe you're holding out for a burger nestled between fried ramen noodles. Or perhaps it's the elusive McRib that moves you.

Whatever floats your foodie boat, it's hard to deny that North Americans love feeling part of something deliciously exclusive, that they clamour to taste trendy, hard-to-get morsels.

"It's very much getting that badge of honour," Tanya Steel, editor-in-chief at Epicurious.com, says of recent food crazes that have seen people lined up for hours to get a so-called

Cronut or ramen burger. "It's the trophy mentality. They can brag to their friends and family, and say, 'It's great, it's not so great.' It gives you bragging rights." In New York, people line up in the wee hours to wait for a chance to get one of pastry chef Dominique Ansel's trademarked (really!) treats. He makes just a few hundred a day and scalpers are known to work the line.

But this is bigger than New York. In Washington, D.C., Georgetown Cupcake often opens with hundreds of customers already waiting. In Portland, Ore., people try to beat the clock at VooDoo Doughnut. In Chicago, you can join the mob at the Doughnut Vault or

at Kuma's Corner, where the hamburgers are named after heavy metal bands. Austin has Franklin Barbecue, Los Angeles has the Kogi Korean taco truck and San Francisco has — no fooling — lines for toast. So why do we do it?

Scarcity — whether real or manufactured — drives people toward food trends, savvy observers say. On a recent day in Los Angeles, 1,000 people lined up to try to get one of 500 ramen burgers, a Brooklyn-born treat featuring a hamburger cradled between two stacks of fried soup noodles.

"It's really an old thing from the playbook of marketing," says Richard Martin, editorial director at FoodRepublic.com.

"Do you want to create that limited edition buzz around a product or offer it up to as many people as want it?"

In a world where so much has been tried, tested and exploited on reality TV and elsewhere, hunger for the next new thing also plays big into keeping trends like the Cronut and the ramen burger going.

"We like things that are fleeting. We like to experience what's new," says Dana Cowin, editor-in-chief at Food & Wine magazine. "A great steak house is just not the same thing as tasting something that has just been created yesterday. ... It's part of our undying quest for the new."

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Ryan Hamilton of the Oilers defends against the Jets' Zach Bogosian on Monday night in Edmonton. DEREK LEUNG/GETTY IMAGES

# Oilers divert Jets to win third straight

**NHL.** Acton, Joensuu tally as Edmonton improves to 4-1-1 in exhibition play

Will Acton scored the game-winner as the Edmonton Oilers won their third consecutive pre-season game, defeating the Winnipeg Jets 2-1 on Monday night.

Jesse Joensuu also scored for the Oilers (4-1-1), who did not dress many of their top

On Monday

2

Oilers

1

Jets

offensive threats.

Chris Thorburn replied for the Jets (1-3-2), who have lost three straight in exhibition play.

It took a while for either

team to get on the board in a penalty-filled first period. The Jets finally started the scoring with just under a minute remaining as a Thorburn shot that appeared to be going wide hit the stick of Oilers goalie Devan Dubnyk and deflected into the net.

Edmonton tied the game just under three minutes into the second period when Tyler Pitlick put the puck in front of the net for a hard-charging Joensuu to direct past Jets goalie Edward Pasquale. It was Joensuu's third goal of

the pre-season.

The Oilers went up 2-1 midway through the second period, when Acton deflected an Anton Belov point shot through Pasquale's legs.

Dubnyk made up for his gaffe earlier in the game with a five-alarm glove save on Olli Jokinen late in the second on a Winnipeg power play.

The Oilers play again tomorrow at home to the New York Rangers. The Jets are off until Thursday when they will welcome the Boston Bruins. **THE CANADIAN PRESS**

NHL

## Leafs' Clarkson gets 10-games for leaving bench

Toronto forward David Clarkson has been suspended 10 regular-season games without pay on Monday for leaving the Leafs bench to fight on Sunday against the Buffalo Sabres.

**THE CANADIAN PRESS**

NHL

## League cracks down on Kassian with 5-game ban

The NHL suspended Vancouver Canucks forward Zack Kassian for five regular-season games and the rest of pre-season on Monday for a hit that broke the jaw of Edmonton forward Sam Gagner.

**THE CANADIAN PRESS**

MLB

## Pirates end playoff drought in Chicago

The Pittsburgh Pirates are going to the playoffs for the first time in 21 years, clinching at least a National League wild card Monday night when they beat the Chicago Cubs 2-1 and the Washington Nationals lost to St. Louis.

**THE ASSOCIATED PRESS**



Starling Marte hit a ninth-inning home run in the Pirates' 2-1 win on Monday night. **THE ASSOCIATED PRESS**

# Manning dissects Raiders in another easy win



Peyton Manning of the Broncos passes under pressure from the Raiders' Jason Hunter on Monday night in Denver. DOUG PENSINGER/GETTY IMAGES

Peyton Manning clapped his hands four, five, six times and barked out the signals. A few seconds later, Wes Welker was all alone, cradling the quarterback's latest touchdown pass.

All part of another impeccably crafted victory for Manning and the Denver Broncos, who rolled over the Oakland Raiders 37-21 Monday night. Denver's 127 points lead the league and are 31 more than second-place Green Bay.

Manning went 32-for-37 for 374 yards and set a few more records while outwitting the overmatched Raiders (1-2).

"You see flashes of good things," Manning said. "When we're executing and not making mistakes, we can go the distance. We can go 80 yards, take advantage of a short field."

His 12 touchdown passes are one more than Tom Brady's old record for the first three games, set in 2011. Manning still has yet to throw an interception, which matches a record held by Michael Vick, who also threw 12 touchdowns before his first pick in 2010.

As much as the numbers, it was Manning's deciphering of the Oakland defence that made

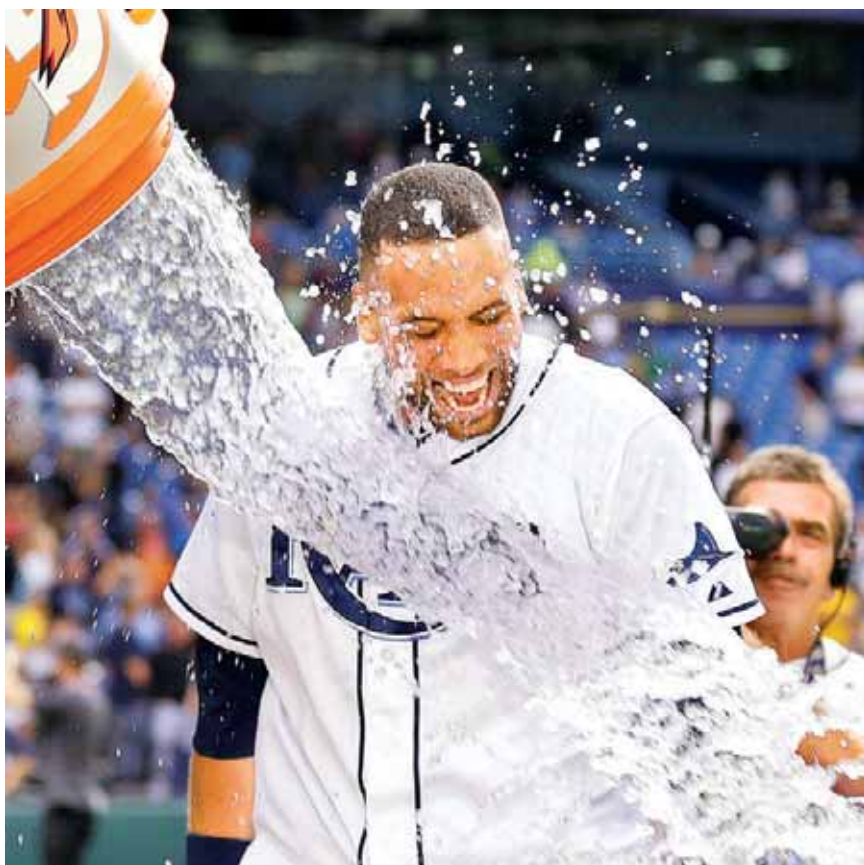
jaws drop in this one.

His first touchdown, a two-yard pass to Eric Decker, came after a subtle play action fake that froze the defence and left Decker wide open in the back of the end zone.

Manning's targets for the next two touchdowns — Welker and Julius Thomas — didn't have defenders within three steps of them. Wide open. A sure sign that Manning had diagnosed the defence he was looking at well before the snap and knew exactly where he wanted to go with the ball.

**THE ASSOCIATED PRESS**





The Rays' James Loney gets doused with ice water by teammate Yunel Escobar after hitting a ninth-inning, game-winning home run off Orioles relief pitcher Tommy Hunter on Monday in St. Petersburg, Fla. CHRIS O'MEARA/THE ASSOCIATED PRESS

# Rays take another step towards fall ball in Tampa Bay

**MLB.** Tampa moves one game ahead of Cleveland in battle for AL playoff berth

The Tampa Bay Rays are confident they'll play at Tropicana Field again this year.

Wil Myers tied it with a two-run single on a jarring play in the seventh inning, then pinch-hitter James Loney stunned the Orioles with a leadoff homer in the ninth, and the Rays completed a four-game sweep that put a serious damper in Baltimore's wild-card hopes with a 5-4 victory Monday.

"You can feel it, you can't necessarily describe it, but it's there," Rays manager Joe Maddon said. "You know that

On Monday	
5	4
Rays	Orioles

your guys have that vibe going on. It's a good feeling."

The win pushed the Rays a game ahead of idle Cleveland for the top AL wild card. Baltimore fell five games back of the Indians with six games to go for both teams. Tampa Bay would host the wild-card game Oct. 2 if it holds its position.

The Orioles also lost all-star third baseman Manny Machado to a leg injury in the top of the seventh.

Machado's left leg buckled when he stepped on first base running out an infield single. He was taken off on a stretcher.

Baltimore manager Buck Showalter had no immediate update on Machado's injury as the team awaited test results. Machado will undergo an MRI on Tuesday.

"It's horrible," Maddon said. "That guy there, to me, Baltimore has really ascended over the last couple years and I really believe he's been at the cornerstone, the keystone of that whole thing. Hate to see that. This is a young man, a tremendous talent. You can see the effort level with them. This young man blows out his knee, possibly. You can see how badly they wanted it, too."

THE ASSOCIATED PRESS

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	87	69	.558	7½
New York	82	74	.526	12½
Baltimore	81	75	.519	13½
Toronto	71	85	.455	23½

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	62	94	.397	29

#### WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	85	71	.545	8
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	106	.325	42½

#### Monday's results

Tampa Bay 5 Baltimore 4  
Texas 12 Houston 0  
Chicago White Sox 3 Toronto 2  
Detroit at Minnesota  
Oakland at L.A. Angels  
Kansas City at Seattle

#### Sunday's results

San Francisco 2 N.Y. Yankees 1  
Cleveland 9 Houston 2  
Chicago White Sox 6 Detroit 3  
Boston 5 Toronto 2  
Tampa Bay 3 Baltimore 1  
Kansas City 4 Texas 0 (10 inn.)  
Seattle 3 L.A. Angels 2  
Oakland 11 Minnesota 7

#### Tuesday's games — All Times Eastern

Chicago White Sox (Santiago 4-9) at Cleveland (Jimenez 12-9), 7:05 p.m.  
Toronto (Redmond 4-2) at Baltimore (Trillman 16-7), 7:05 p.m.  
Tampa Bay (Moore 15-4) at N.Y. Yankees (Kuroda 11-12), 7:05 p.m.  
Houston (Peacock 5-5) at Texas (Darvish 13-9), 8:05 p.m.  
Detroit (Fister 13-9) at Minnesota (Diamond 6-11), 8:10 p.m.  
Oakland (Griffin 14-9) at L.A. Angels (Vargas 8-7), 10:05 p.m.  
Kansas City (Chen 8-3) at Seattle (Paxton 2-0), 10:10 p.m.

### NATIONAL LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Atlanta	92	64	.590	—
Washington	84	73	.535	8½
New York	71	85	.455	21
Philadelphia	71	85	.455	21
Miami	58	99	.369	34½

#### CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	92	65	.586	—
Cincinnati	90	67	.573	2
Pittsburgh	90	67	.573	2
Milwaukee	70	86	.449	21½
Chicago	65	92	.414	27

#### WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

#### Monday's results

Cincinnati 3 N.Y. Mets 2 (10 inn.)  
Milwaukee 5 Atlanta 0  
Miami 4 Philadelphia 0  
Pittsburgh 2 Chicago Cubs 1  
St. Louis 4 Washington 3  
Arizona at San Diego

#### Sunday's results

Cincinnati 11 Pittsburgh 3  
N.Y. Mets 4 Philadelphia 3  
Miami 4 Washington 2  
Atlanta 5 Chicago Cubs 2  
Arizona 13 Colorado 9  
L.A. Dodgers 1 San Diego 0  
Washington 5 Miami 4  
Milwaukee 6 St. Louis 4

#### Tuesday's games — All times Eastern

N.Y. Mets (Niese 7-8) at Cincinnati (Leake 14-6), 7:10 p.m.  
Milwaukee (Thorburg 3-1) at Atlanta (Garcia 1-2), 7:10 p.m.  
Philadelphia (Miner 0-1) at Miami (Alvarez 4-5), 7:10 p.m.  
Pittsburgh (Cole 9-7) at Chicago Cubs (Rusin 2-5), 8:05 p.m.  
Washington (Gonzalez 11-7) at St. Louis (Wacha 3-1), 8:15 p.m.  
Boston (Lackey 10-12) at Colorado (Chatwood 7-5), 8:40 p.m.  
Arizona (Miley 10-10) at San Diego (Ross 3-8), 10:10 p.m.  
L.A. Dodgers (Ryu 13-7) at San Francisco (Cain 8-9), 10:15 p.m.

## CFL

### WEEK 13

#### EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

#### WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

#### Sunday's result

B.C. 24 Saskatchewan 22

#### Saturday's results

Hamilton 28 Montreal 26

Toronto 33 Calgary 27

## NFL

### WEEK 3

#### Monday's result

Denver 37 Oakland 21

#### Sunday's results

New England 23 Tampa Bay 3  
Cincinnati 34 Green Bay 30  
Cleveland 31 Minnesota 27  
Baltimore 30 Houston 9  
Tennessee 20 San Diego 17  
Carolina 38 N.Y. Giants 0  
New Orleans 31 Arizona 7  
Dallas 31 St. Louis 7  
Detroit 27 Washington 20  
Miami 27 Atlanta 23  
Indianapolis 27 San Francisco 7  
Seattle 45 Jacksonville 17  
N.Y. Jets 27 Buffalo 20  
Chicago 40 Pittsburgh 23

## MLS

#### Sunday's result

New York 1 FC Dallas 0

#### Friday's game — All Times Eastern

Philadelphia at Kansas City, 8 p.m.

#### Saturday's games

D.C. United at Toronto FC, 1 p.m.

Real Salt Lake at Vancouver, 7 p.m.

Houston at New England, 7:30 p.m.

Montreal at Chicago, 8:30 p.m.

#### Sunday's games

Los Angeles at Portland, 3:30 p.m.

Columbus at FC Dallas, 8:30 p.m.

New York at Seattle, 9 p.m.

San Jose at Chivas USA, 11 p.m.

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## Horoscopes

### Aries

March 21 - April 20

Someone will try to provoke you in the hope that you will disgrace yourself in front of important people. Now that you know, you can control your feelings and pretend you are cool, calm and collected.

### Taurus

April 21 - May 21

Don't let others push you too hard today. Taurus may be one of the most rugged signs but you have your limits. Know what they are and make sure you stay within them.

### Gemini

May 22 - June 21

There are moments when the pieces in the jigsaw fit and you see the bigger picture. This is one of them. It's also one of those moments when you realize anything is possible.

### Cancer

June 22 - July 23

Take what is on offer today, even if it is less than you were hoping for. If you hold out too long, there is a chance others will lose patience and pull back from the brink. It's a good deal.

### Leo

July 24 - Aug. 23

What is right for you may not be right for someone else and it's important that you recognize that. If you expect someone you live or work with to like what you like then you will be disappointed.

### Virgo

Aug. 24 - Sept. 23

What you own and what you earn is high on your agenda at the moment and will get even higher over the next few days. Find ways to boost your income and try to work it so that you help other people too.

### Libra

Sept. 24 - Oct. 23

Whatever you start over the next few days you will have the power of the Sun behind you, which means you cannot fail. If you get a hunch then go with it and expect it to lead you to fame and fortune.

### Scorpio

Oct. 24 - Nov. 22

Mercury in your sign will clear your mind of foolish ideas and make it easier for you to pursue a course that leads to material success. Fantasy can be fun, but reality has its pleasurable moments too.

### Sagittarius

Nov. 23 - Dec. 21

If you think that life has been a bit tame, you will change your tune over the next few days. In fact, you may begin to wish that the pace of life was not quite so hectic. Too bad.

### Capricorn

Dec. 22 - Jan. 20

Changes in your world will have a knock-on effect on your day-to-day affairs. Should you be worried? Not really, because in the long-term these changes can only make you stronger.

### Aquarius

Jan. 21 - Feb. 19

Look beyond your everyday environment and discover places, people and ideas that expand your mind. Life is a fun learning experience, one that never ends.

### Pisces

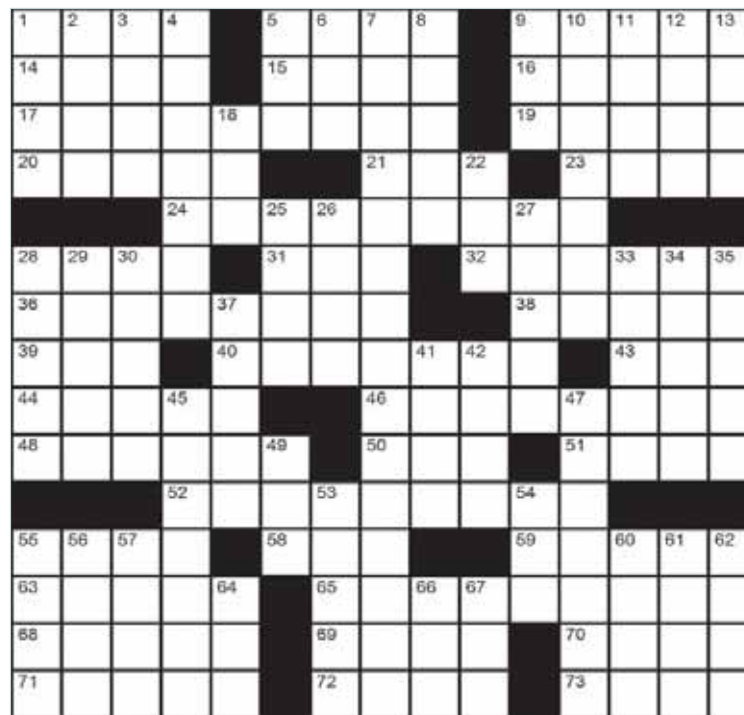
Feb. 20 - March 20

It won't be easy to keep your fears under control. Whatever happens, and whatever you imagine might happen, realize that in the greater scheme of things it's of no real importance. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Farm enclosure
5. Mystique
9. Flight segment
14. Soldier's supply, shortly
15. Cast \_\_ pan
16. Door: French
17. Write up a dosage for
19. Martian
20. Baseball inning
21. Groceries holder
23. Not different
24. Send to the wrong locale
28. 1812 Rossini comic opera, La Scala di \_\_
31. Pique
32. Follower of The Way
36. Jeans brand
38. New Wave music instr.
39. Slot machine feature
40. Least favourable, as per scenarios: 2 wds.
43. Bambi's mom, for one
44. Someone sulking
46. " \_\_ Rhapsody" by Queen
48. Greenery in houses
50. Pre-Traveling Wilburys gr.
51. Gets food
52. Glum
55. Eyeliner of ancient Egypt
58. Painting, for



- instance
59. Debated topic
63. Self-evident truth
65. Full belief to not doubt
68. Jumpy
69. Handwashing need
70. Country star, Vince \_\_

71. Website's opening page word, sometimes
72. Cloth scraps
73. Airport scr. post-ings

### Down

1. Breakfast cereal brand, \_\_ Crunch

2. Actor Mr. Katz
3. Sort of sign
4. "The \_\_ Always Rings Twice" (1981)
5. Breathed-in stuff
6. Mr. Geller of spoon-bending
7. Toronto-born member of The Band: 2 wds.

8. Approaching, archaically
9. Luxe lieu
10. Anna Karenina author Leo
11. Solo-moment song
12. Any thing
13. Ms. Russo
18. Vital life energy

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).  
BY KELLY ANN BUCHANAN

## Yesterday's Crossword

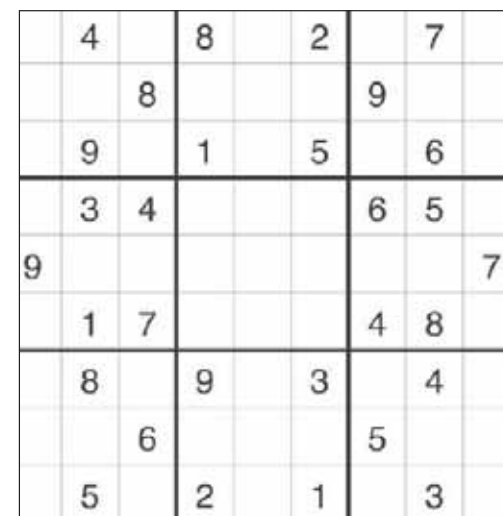


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

### TODAY



### WEDNESDAY



### THURSDAY



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